

NORTHERN KARATE

thornhill/concord/north york

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APRIL 10 - 16

UPCOMING EVENTS

Parents Night Out is Saturday, April 29th.

Sign Up for our NKS Friendship Tournament/Fundraiser for April 23 in support of the Red Door Family Shelter. All participants receive a trophy. Register and details through the STUDENT ZONE

Kids Classes this week will focus on Kata, Sparring and Kobudo in preparation for the upcoming tournament.

- ★ Sparring Gear Mandatory
- Bring your Weapons
- ▲ Wear Workout Gear
- ◆ Bring Combat Gear

MON APR 10	TUES APR 11	WED APR 12	THURS APR 13	FRI APR 14	SAT APR 15	SUN APR 16
10:00-11:00 All Belts Adult Required Curriculum	4:30-5:00 White Belts 7 and Under Kicking	10:00-11:00 Combat Conditioning Teen/Adult Conditioning	4:30-5:00 White Belts 7 and Under Ground Drills	10:00-11:00 All Belts Adult Required Curriculum	9:00-9:30 White Belts 7 and Under Concepts	9:00-9:30 White Belts 7 and Under Strikes
4:30-5:10 Purple to Brown 10 and Under ★ Sparring	5:00-5:30 Yellow Belts 8 and Under ★ Sparring	4:30-5:10 Fusion Orange to Blue Adv 8 and Under ◆ Level 1 Curriculum	5:00-5:30 Yellow Belts 8 and Under Kata	4:30-5:10 Orange to Blue Adv 8 and Under Takedown/Ground	9:30-10:00 Yellow Belts 8 and Under ★ Sparring	9:30-10:00 Yellow Belts 8 and Under Kata
5:10-5:50 Yellow Belts 8 to 13 yrs ★ Sparring	5:30-6:10 Orange to Blue Adv 8 and Under ★ Sparring	5:10-5:50 Purple to Brown 10 and Under Kata	5:30-6:10 Purple to Brown 11 to 13 yrs Kata	5:10-5:50 Fusion Purple to Brown 13 and Under ◆ Level 1 Curriculum	10:00-10:40 Purple to Brown 10 and Under ● Kobudo	10:00-10:40/11:20-12:00 Orange to Blue Adv 13 and Under ★ Sparring
5:50-6:30 White Belts 8 to 13 yrs Kicking	D 6:10-6:50 Black Belts 13 and Under Kicking Drills	5:50-6:30 White Belts 8 to 13 yrs Ground Drills	G 6:10-6:50 Enpi Brown Adv 13 and Under Kata	5:50-6:30 Fusion Orange to Blue Adv 9 to 13 yrs ◆ Level 1 Curriculum	10:40-11:20 White to Yellow 8 to 13 yrs Ground Drills / Kata	10:40-11:20 White to Yellow 8 to 13 yrs Strikes/Stand Up
H 6:30-7:15 Fusion Brown Adv 13 and Under ◆ Level 1 Curriculum	6:50-7:30 Orange to Blue Adv 9 to 13 yrs ★ Sparring	6:30-7:10 Yellow Belts 8 to 13 yrs Kata	C 6:50-7:30 Fusion Black Belts 13 and Under ▲ Self Defence	K 6:30-7:15 Sai Brown Adv All Ages ● Kobudo	11:20-12:00 Orange to Blue Adv Teen/Adult Kata	12:00-12:45 White to Yellow Teen/Adult Ground Drills / Kata
7:15-8:00 Purple to Brown 11 to Adult Sparring	7:30-8:15 White to Yellow Teen/Adult Stances / Kicking	7:10-7:50 Orange to Blue Adv 9 to 13 yrs Kata	7:30-8:15 White to Yellow Teen/Adult Kicking/Ground Drill	L 7:15-8:15 Black Belts + All Ages Kata- B	12:00-1:00 Black Belts + All Ages Free Form Self Def.	I 12:45-1:30 Tonfa Brown Adv All Ages Kata
8:00-8:45 Orange to Blue Adv Teen/Adult ★ Sparring	8:15-9:15 Black Belts + Teen/Adult Kicking Drills	7:50-8:45 Combat Conditioning Teen/Adult ▲ Conditioning	8:15-9:15 Black Belts + Teen/Adult Ground Submissions	8:15-9:00 Orange to Blue Adv Teen/Adult Takedown/Ground	1:00-2:00 Combat Conditioning Teen/Adult ▲ Conditioning	1:30-2:30 Combat Conditioning Teen/Adult ▲ Conditioning
8:45-9:30 Enpi Brown Adv Belt Teen/Adult Basic 2 Person 6-10	9:15 - 10:15 Combat Veritas® Teen/Adult ▲◆ Total	8:45-9:30 Fusion Orange to Brn Adv Teen/Adult ▲◆ Level 1 Curriculum	9:15 - 10:15 Combat Veritas® Teen/Adult ▲◆ Total	9:00-9:45 Purple to Brown Teen/Adult Ground Escapes	2:00 - 3:00 Combat Veritas® Teen/Adult ▲◆ Open Total	2:30-3:15 Purple to Brown 11 to Adult ● Kobudo